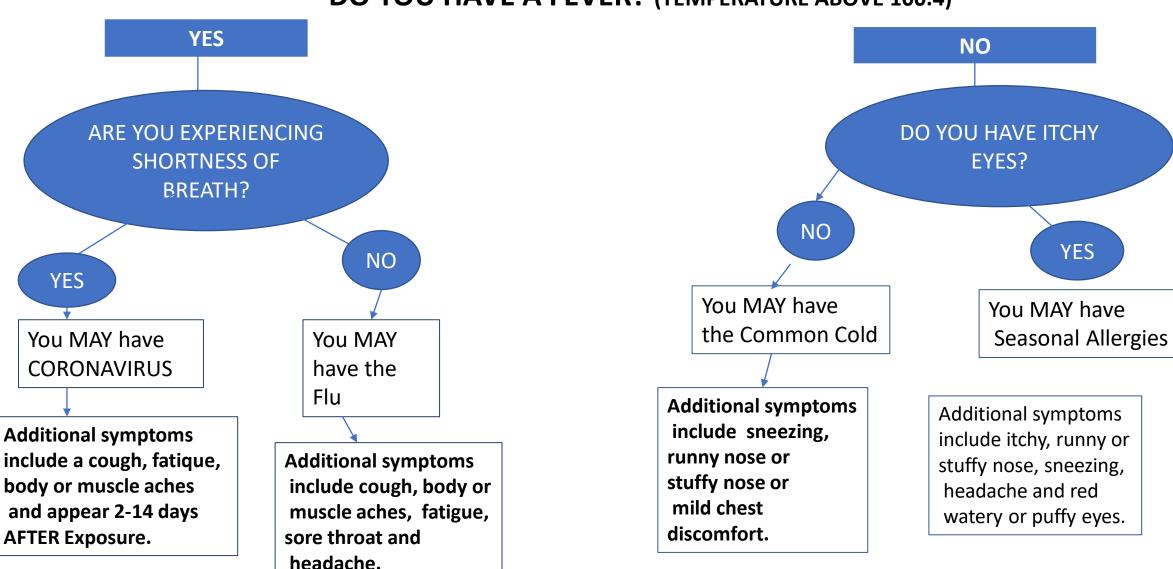
## Is it Coronavirus, the Flu, Seasonal Allergies, or the Common Cold? DO YOU HAVE A FEVER? (TEMPERATURE ABOVE 100.4)



## C\*VID-19 (Coronavirus) Guide to Social Distancing

Here are a few steps you can take to protect yourself when you're in public settings.



Use the elbow bump or wave as an alternate greeting.

Sneeze or cough into your arm or a tissue to reduce the spread of germs.

## IF YOU HAVE THE CORONAVIRUS, THE FLU, OR THE COMMON COLD...

- \* STAY AT HOME TO AVOID INFECTING OTHERS,
- GET PLENTY OF REST AND SLEEP,
- DRINK PLENTY OF WATER AND OTHER CLEAR LIQUIDS TO PREVENT FLUID LOSS (DEHYDRATION),
- TAKE A PAIN RELIEVER LIKE ACETAMINOPHEN (NOT IBUPROFEN)
  TO RELIEVE FEVER AND BODY ACHES. DO NOT GIVE ASPIRIN TO CHILDREN.
- COMPLETELY COVER YOUR MOUTH WHEN YOU COUGH AND SNEEZE.

.....ALSO, DO NOT CONSUME ELDERBERRY PRODUCTS